

# The Sourdough

S E N T I N E L

July 23, 2004

Elmendorf Air Force Base, Alaska

Vol. 55, No. 29



## Cooperative Cope Thunder

Multinational exercise under way

-- See Pages 10-11



STAFF SGT. PRENTICE COLTER

## Cooperative Cope Thunder visit

**Lt. Gen. Victor Renuart Jr., Pacific Air Forces vice commander, is greeted by Col. James Sturch, 3rd Wing vice commander, at the passenger terminal. General Renuart is in Alaska touring various facilities around the state. He is also here to view Cooperative Cope Thunder activities at Eielson AFB and here.**

## Air Force utility uniform Web site is now available

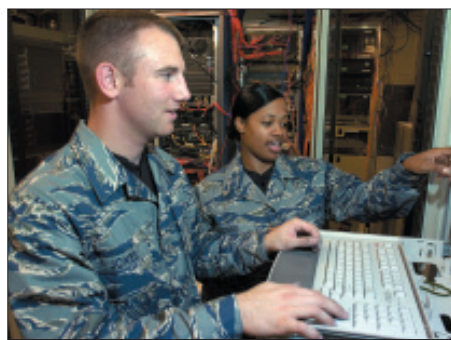
A web site for the new Air Force utility uniform test is now available for feedback at <http://www.af.mil/uniform/>.

Now is the time for Arctic Warriors to voice their opinions on the new uniform. This is the first time servicemembers have been given an opportunity to tell the Air Force what they would like to wear.

Since 105 of the 620 airmen testing the uniform are at Elmendorf, Arctic Warriors' opinions are important.

Results from the feedback will be consolidated and provided to the Air Force Chief of Staff.

For more information, call Senior Master Sgt. David Carlson at 552-6890 or visit <http://www.af.mil/uniform/>.



MASTER SGT. JIM VARHEGYI



■ **Senior Airman Adam Howell**, 19th Fighter Squadron, during a recent short-notice deployment to King Salmon Airport, Airman Howell quickly prepared and distributed nine classified information packages and ensured all pilots received critical intelligence information prior to takeoff. His quick thinking during a jet swap ensured operations and maintenance equipment ended up at their proper destination.

■ **Staff Sgt. Duncan Cameron**, 3rd Equipment Maintenance Squadron Armament Flight, quickly responded to the 19th AMU for a M61A1 gun system conveyor and ammunition drum misalignment. He isolated the malfunction to a bent attach bolt on the drum unit and was able to repair the damaged bolt on the aircraft in less than 30 minutes. His efforts allowed the load crew to upload 940 rounds of 20mm ammunition for a NORAD Combat Alert Cell commitment.

### Commander's shadow

■ This week's commander's shadow is **Senior Airman Amy Morrisette**, 3rd Wing Public Affairs.

### Deployed meetings

There will be two Deployed Spouses Town Hall meetings Wednesday and Aug. 5, 7 p.m at the Kashim Club Ballroom.

They are targeted for family members of people who are deployed or who will deploy this fall. Representatives will be on hand from all the base helping agencies.

There will also be a short introduction from Col. James Sturch, 3rd Wing vice commander, and a question and answer session.

The intent of the meetings is to ensure families know who is available to assist them while their family member is deployed.

## Action Line



**Col. Michael Snodgrass**  
3rd Wing Commander

Do you have a problem you can't seem to get solved? Would you like to recognize someone for a job well done?

The commander's action line is your avenue to communicate your questions, comments and concerns directly to the commander, Col. Michael Snodgrass. Your calls will get the commander's personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

**552-2224**

***actionline@elmendorf.af.mil***

The following commanders stand ready to help you and can answer the majority of your questions. If they can't help, then please call the Action Line.

#### Key phone numbers:

Lt. Col. Christopher Thelen, 3rd CES/CC  
552-3007  
Maj. David Aupperle, 3rd SVS/CC  
552-2468  
Maj. Robert Garza, 3rd SFS/CC  
552-4304



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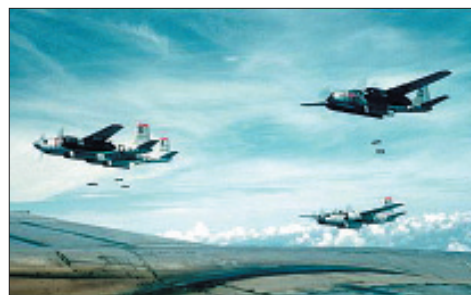
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**Best in DoD 2000**  
**Best in Air Force**  
**1999, 2000 & 2001**  
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**1998, 1999, 2000 & 2001**

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**Senior Airman Amy Morrisette**  
Editor

## 3rd Wing History Moment



**B-26's dropping bombs over Korea**

### July 20-21, 1952:

The 3rd Bomb Wing began conducting daylight attacks against troop concentrations and industrial targets due to an inability to hit targets at night. It had taken an average of 100 bombs to destroy 1.8 trucks at night.

# Michigan Air National Guard civic leaders tour Elmendorf



PHOTOS BY STAFF SGT. PRENTICE COLTER

The Michigan Air National Guard Civic Leaders' group receive an Alaskan Command and Air Combat Maneuvering Instrumentation briefing Wednesday. The group is here to get a better understanding of North American Aerospace Defense Command, U.S. Northern Command and 3rd Wing missions in Alaska.

By 1st Lt. Amy Hansen  
3rd Wing Public Affairs

Thirty-two influential community members from the state of Michigan are departing Elmendorf today, after a three-day civic leader tour during which they visited various units on base here and at Kulis Air National Guard Base.

"There are no more active-duty forces in Michigan," said Brig. Gen. Ken Heaton, Michigan Air National Guard assistant adjutant general and one of eight Guard personnel accompanying the civic leaders on the trip. "We're getting a tour of some very good Department of Defense facilities

here, which educates this group of influential people about what the military does."

While at Elmendorf, the Michigan civic leaders toured the base, received an AWACS mission briefing, ate lunch at the Iditarod dining facility with the troops, got a briefing on Cooperative Cope Thunder and learned about the Alaskan Command mission. Their trip also included a tour of Kulis ANGB in Anchorage and opportunities to go fishing and do other recreational activities in Alaska.

"The Michigan ANG is bringing the civic leaders here to witness what the Air Force is like and exactly how we run a base," said Capt. Eric Badger, 3rd Wing Public Affairs and Elmendorf project officer for the visit. "We're showing them what goes on in a day and the operations tempo so they have a better idea of how a military base functions."

The purpose of the Air Force's civic leader tour program is to increase U.S. citizens' awareness and understanding of the Air Force role in national security, according to AFI 35-101, *Public Affairs Operations*. Candidates are selected based on their ability to share the information they learn on their tours with other members of the public.

The tour participants from Michigan are community leaders from every walk of life, from corporate chief executive officers to school superintendents, said General Heaton. Two men on the tour also have a unique military distinction — Mr. W. Horton Thompson and retired Lt. Col. Alexander Jefferson were original members of the Tuskegee Airmen, a group of African Americans trained to be pilots during World War II.

Colonel Jefferson flew

the P-51 Mustang from 1942 until 1948, escorting bombers from Italy to Germany. On his 19th mission, his plane was downed over Germany, where he was held as a prisoner of war for nine months. He is retired now, but remains connected to the military through the Employer Support for Guard and Reserve Program in Michigan. He jumped at the opportunity to visit Alaska for the first time, he said.

"This type of tour just increases the understanding of what the active-duty military does, especially in the Global War on Terrorism," said General Heaton.

Michigan Guard units have been extremely busy around the world recently, too. The 2,700-member unit has seen more than 50 percent of its force activated for some period of time since September 11, 2001. Its three flying squadrons have deployed to Kuwait, Iraq and Afghanistan, said General Heaton.

The civic leader tour isn't all work and no play. "We want this trip to be both educational and enjoyable," said General Heaton just prior to the tour.



Lieutenant Colonel (Ret.) Alexander Jefferson, Tuskegee Airman, tours the Yukla 27 memorial.



Mr. W. Horton Thompson and the rest the Michigan civic leaders grab a bite to eat at the Iditarod Dining Facility during their visit.

# Arctic Warriors with group of Airman-Soldiers set to move into Iraq

**By Tech. Sgt. Brian Jones**  
 332nd AEW/Public Affairs

SOUTHWEST ASIA — “You will be on the front lines. You will be facing the enemy every day in some of the most dangerous areas in Iraq.”

This is not something Air Force transporters are accustomed to hearing, but was the message from Col. Gary Shick, 732nd Expeditionary Mission Support Group commander, as he addressed nearly 150 Airmen as they entered the final stages of their training July 14.

After completing the three-week Basic Combat Convoy Course at Lackland Air Force Base and Camp Bullis, Texas, the vehicle operators arrived here for three days of live-fire convoy training before deploying north to Mosul as part of the 494th Air Expeditionary Force Truck Company. The transporters will replace Airmen deployed to Mosul since February 2004.

The final stages of training will incorporate close quarters marksmanship, where Airmen will fire their M-4s at targets while moving in close proximity to each other. They will also receive familiarization training with weapons such as a .50-caliber and Mark-19 crew served weapons.

The training culminates with live-fire convoy training, where the vehicle operators drive a 10-kilometer course and encounter various scenarios like sniper attacks and Improvised Explosive Devices.

“What you do in the next few days

will make you one of the best prepared units to go in and do what you’re going to do,” said Colonel Shick.

The training these current Airmen are going through has evolved from what the first transporters to deploy into Iraq experienced earlier in the year.

“From our initial training, we were able to rely on a lot of lessons learned,” said Chief Master Sgt. Michael Taylor, 732nd EMSG Rear Detachment chief enlisted manager and career vehicle operator. “The original training took about six weeks all in the theater. Now, most of the training is conducted at Camp Bullis and the training here has been cut down to less than a week.”

The Air Force is training vehicle operators for convoy missions to fill shortfalls the Army has experienced during Operation Iraqi Freedom. The Airmen will be tactically assigned to Army units and their training prior to the deployment in the combat zone will prepare them to fully incorporate into those units.

The new breed of Airman-Soldiers who are currently deployed and those who are preparing to take their place have adapted well to changing the way they normally operate.

“You go through your Air Force career and learn leadership skills, but you’re never trained to lead Airmen into combat,” said Chief Taylor. “It’s a tribute to our Air Force culture. These Airmen can think on their feet and make quick decisions, and that hasn’t changed in the combat zone.”

For many of the Airmen, it’s taken some time to adjust to their new



AIRMAN 1ST CLASS HEATHER NORRIS

**Airman 1st Class Gurtavo Corte and Senior Airman Douglas Thompson inspect their .50-caliber machine gun mounted on a humvee.**

operating procedures.

“I’ve been in convoys in Kuwait and in Saudi Arabia, but never in combat. It’s a new experience and eye opener for all of us,” said Senior Airman James Seay, a vehicle operator deployed from the 3rd Logistics Readiness Squadron at Elmendorf. “I’m excited and a little scared at the same time. We’re all ready to get there and get the job done. We know what we have to do; all that’s left now is doing it.”

Much of the transporters’ training has focused on team building and communication, skills that will be critical to mission success when they hit the ground in Iraq.

“The most important thing we give them is each other,” said Chief Master Sgt. Carl Hunsinger, the truck

company’s top enlisted Airman, deployed from Yokota Air Base, Japan. “They have to know there is always somebody to talk to. They really have to get to know everything about each other so they can tell when there’s a problem and be able to get their heads back into the game.”

While the Airmen’s greatest concern in the region will be each other, some also hope their actions will change the way their Air Force specialty is viewed.

“I’m a lot prouder,” said Airman Seay. “In the past, people just saw us as bus drivers. Now, I think we’ll gain a lot more respect.”

Whether or not these combat Airmen change the way others view their career field, they are definitely breaking new ground for the Air Force.

# ATV riders: Make smart decisions needed for safe ride

By Lt. Col. Brian Tonnell  
3rd Wing Safety Office

*Next weekend, I’m gonna have me some fun. Not the normal, run-of-the-mill fun I’ve been having; ya know, fishing, camping, playing soccer, riding my motorized toys. I feel the need for some extreme fun, somethin’ that’ll take me to the edge... and I know just the thing. I’m gonna get my gun and shoot beer bottles off the wing of one of those big, gray Eagle-jets. Now that will be fun...*

Sound like a mishap waiting to happen? You bet it does! But before we condemn this guy, let’s analyze why we think his idea of fun is not so smart.

Will he have fun if he carries out his plan? Probably so. But has he paused to consider the risks involved or the potential costs of his short-lived thrill? Probably not.

Going through the mental gymnastics of deciding whether a thrill is worth the risk is not a difficult task. It only takes a few seconds in most cases. Some people call it cost-benefit analysis. The Air Force calls it Operational Risk Management. Still others call it common sense.

What would be so wrong about shooting beer bottles off the wing of an F-15? Totally ignoring any legal ramifications, the risk of damaging a highly valuable Air Force asset should be enough to put this idea to bed. The risks, in this case, would seem to outweigh the benefit, one would think.

This scenario seems a little far-fetched, but the principle is sound. Using cost-benefit analysis, ORM, or just plain common sense is a smart way to do business, to avoid mishaps, and to save lives.

Since April 1, the 3rd Wing has had 10 all-terrain vehicle mishaps — four of them reportable



PHOTO ILLUSTRATION

**Above is an illustration of a mishap waiting to happen. Especially when Operational Risk Management techniques are not used.**

(at least \$20,000 in damage or time lost due to injury). Almost as many folks have been injured in ATV mishaps as in vehicle mishaps. Needless to say, this has caught the attention of our leadership.

Granted, anytime you climb onto a powerful piece of machinery, the chance of a mishap is there. But several of the ATV mishaps resulted from what might be construed as reckless driving. Did these folks consider the risks of getting a thrill? Did they pause to think about the hazards involved before they said to their friends, “Hey yawl! Watch this!” Perhaps not.

Shooting bottles off an F-15 seems like an

obviously unwise act because of the great potential to damage a highly valuable Air Force asset. But what’s at stake when one is about to make the conscious decision to drive an ATV recklessly? The exact same thing.

The Air Force’s most valuable assets — bar none — are the people who make it all happen... you. For your own sake – and for that of the Air Force — wear your protective gear, think about the risks of what you’re about to do, drive responsibly, follow the rules, and don’t make our leadership penalize all of the responsible ATV riders because of a few irresponsible ones out for a thrill.



STAFF SGT. RYAN MATTOX

Originally from Orangeburg, S.C., Senior Airman Patrina James, 3rd Medical Support Squadron pharmacy journeyman, fills her busy day by filling and dispensing 22,000-plus prescriptions per month to more than 106,000 beneficiaries. She is a “Hard worker who always comes to work with a positive attitude and a smile,” said Staff Sgt. Nicole Awolusi, 3rd MDSS and Airman James’ supervisor. With less than a year at Elmendorf, Airman James enjoys the long days of summer and sight-seeing. She also spends time reading cookbooks, cooking and decorating. Airman James has been in the Air Force for more than six years.



STAFF SGT. DAVE DONOVAN

Since arriving at Elmendorf 21 months ago, Staff Sgt. Michael Fischer, 12th Fighter Squadron NCOIC of Intelligence, has been busy teaching pilots enemy capabilities and realistic combat scenarios that prepare them for their combat mission and their safe return home. Originally from Eden Prairie, Minn., Sergeant Fischer enjoys camping, fishing, hiking and baseball. He also says that Alaska is the best place in the world, if you enjoy the outdoors. Sergeant Fischer has been in the Air Force for six years. “In combat, the ability to employ effectively hinges on our knowledge of what the threat is and how it operates. Moreover, with the vast amounts of information available now, which is often vague and conflicting, it is imperative that we have a person who we trust to decipher that information, then take that information and present it to us in an easily understandable format. I can’t imagine an intelligence NCO that I trust more for giving me accurate and timely information than Sergeant Fischer,” said Lt. Col. Ross Woodley, 12th FS commander. “As evidence of that great support, the F-15C models at Elmendorf were able to score an unprecedented 300 to 1 kill ratio during the last ORI.”

*Arctic Warriors of the Week are selected by unit first sergeants and commanders.*

Road closure

Arctic Warrior Drive will be closed for repairs until Sept. 26 from Pease Avenue to Kenny Avenue.  
For more information, call Staff Sgt. Robert Roe at 552-7444.

Party committee

The 3rd Wing Holiday Party Committee is looking for volunteers. The first meeting is today at 10 a.m. in the 3rd WG/MO Conference Room located at 10441 Kuter Avenue on the 2nd floor.  
For more information, call 2nd Lt. Kelly York at 552-2605.

Family Support Center

■ Education Opportunity counseling is Monday at 3 p.m. Take the Strong Interest Inventory and discover career fields best for you. Register to test, then return Aug. 16 for test results.  
■ The Spouse Connection Coffee Break is Tuesday at 9:30 a.m. and is a great opportunity for spouses to meet new friends and learn about base resources. No reservation necessary.  
■ There is a job interview and salary negotiation class Wednesday at 9 a.m.  
■ Sponsor training is Wednesday at 2 p.m. For more information on any of these programs, call 552-0370.

Y-on-Rails sign-ups

The Armed Services YMCA has a list of free train trips offered to servicemembers by the Alaska Railroad. There are one-, two- and three-day trips to destinations like Seward, Talkeetna and Denali. Signups are going on now with priority signup for junior enlisted

and families with deployed members.  
Call Mrs. Taryn Perez at 552-9622 for more information.

ESOH Camp

The 2004 Environmental, Safety and Occupational Health Compliance Assessment and Management Program will be conducted Aug. 16-20.  
This is a base-wide audit that helps commanders ensure compliance with regulations. For more information, call 1st Lt. Lamoni Yazzie at 552-2813.

Volunteers needed

Need to attend a medical appointment or get lab work done without kids? The Teddy’s Child Watch program allows parents to do so by offering free child care.  
If you would like to volunteer a couple of hours of your time during the week, call Mrs. Melissa Helmick at 580-6455.

Air Force Ball

Any private organizations interested in donating to this year’s Air Force Ball should call 1st Lt. Laurie Wax at 552-8008 or Capt. Tess Clark at 580-4595.

Association meeting

The Air Force Sergeants Association is a nonprofit professional military organization representing all Air Force enlisted ranks on active-duty, Guard, Reserve, and retired.  
The general membership meets the fourth Thursday of every month at 7 p.m. in the Arctic Oasis.  
For more information, call Ms.

Deanna Menzel, auxiliary president chapter 1473A, at 753-0104 or by e-mail at tdmenzel@gci.net.

Bible school

Vacation Bible School is Thursday-Aug. 13 from 5:30-8:30 p.m. at Mt. Spurr Elementary for youth ages four years old up to sixth grade. Volunteers are needed.  
For more information, call Ms. Erlinda Thomas at 552-6493.

Finance Closure

The Finance Customer Service Center will close Wednesday at 11 a.m. for an official function.  
In the event of an emergency between 11 a.m. and 5 p.m., call 952-0447.

Chapel Revival

“Revive us Lord” is the theme of this year’s Chapel Revival. It will be held Aug. 18-20 from 7-9 p.m. at Chapel One. These services will be sponsored by the Chapel’s Gospel Service.  
The speaker is Chaplain (Maj.) Kent Johnson from Bolling Air Force Base, Md. For more information, call 552-4422.

Pre-teen Lock-In

The Youth Center will host a Pre-Teen Lock-In Aug. 13-14 from 8 p.m. to 8 p.m. Activities include games, food and prizes.  
The registration cost is \$25 per child before Wednesday and \$30 afterward.  
For more information, call 552-KIDS.



Chapel Schedule

**Catholic Parish**  
■ **Monday through Thursday Mass:** 11:30 a.m. at the Chapel Center  
■ **Friday Mass:** 11:30 a.m. at the Hospital Chapel  
■ **Saturday Mass:** 5 p.m. at Chapel 2  
■ **Sunday Mass:** 10:30 a.m. at Chapel 1  
■ **Confession:** 6 p.m. Saturday at Chapel 2  
  
**Protestant Sunday**  
■ **Liturgical Service:** 9 a.m. at Chapel 2  
■ **Celebration Service:** 9 a.m. at Chapel 1  
■ **Gospel Service:** noon at Chapel 1  
■ **Fellowship Praise:** 6 p.m. at Chapel 1  
  
**Religious education**  
■ Vacation Bible School is Aug. 9-13.  
Everyone is welcome.  
  
For more information, call the Chapel at 552-4422.

## Uniform survey ushers new chapter into AF storybook

By Capt. Jason Medina  
Air Force Public Affairs National Media  
Outreach Office

NEW YORK (AFPN) — Future Air Force historians could easily label 2004 as the Year of Decision.

We have taken this year by the horns and renewed our vows to physical fitness, paved a road toward transformation, and set aggressive force-shaping goals to get back to our “fighting weight,” and we continue to make tough choices about what America’s Air Force will look like in the future.

Enter the proposed new utility uniform. For the past year, more than 620 Airmen at 30-plus locations have been experimenting with a replacement to our battle dress uniform. A popular, though unlikely, alternative would have been to authorize “any black undershirt” and make the so-called “blouse” optional within the workplace. This ensemble, though fashionable, would be hardly standardized and it certainly wouldn’t be distinguished.

Airmen deserve an Air Force-unique uniform. I still cringe at having to list the nuanced differences between Air Force- and Army-style BDUs to curious bystanders, and I look forward to a new uniform that all Airmen, whether in a military personnel flight or a munitions maintenance shop, wear with pride every day.

Currently, our senior leaders are soliciting our feedback through an online survey, the results of which will help determine the next Air Force “look.” Since we generally don’t get to cast votes for Air Force policy, it is notable that we’re being asked to provide input into what we wear to work every day. And it is a decision we shouldn’t take lightly, because the stakes are high.

A uniform tells a story: Bright orange jumpsuits will forever identify the incarcerated, tuxedos identify the celebrated and square, tasseled caps are reserved for the educated. For almost 57 years of aiming high and crossing into the blue, Air Force utility uniforms have identified us predominantly by our Army-based heritage.

It is time to write the next chapter of the Air Force story, and our inputs are important in the decision-making process. Let’s do our part and complete the online survey to help ensure our new utility uniform identifies us not by where we came from, but for where the Air Force is going.

**Editor’s note:** A Web site for feedback on the new Air Force utility uniform test is now available at <http://www.af.mil/uniform/>. Since 105 of the 620 Airmen testing the uniform are at Elmendorf, now is the time for Arctic Warriors to voice their opinions on the new uniform.

# Arctic Life

*Great living in the great land*

## Airmen have ball at Susitna Club

By Senior Airman Amy Morrisette  
3rd Wing Public Affairs

Thanks to the efforts of four Arctic Warriors who made up the Airmen’s Ball Committee, the base hosted Pacific Air Forces second-ever Airmen’s Ball at the Susitna Club Saturday.

About 70 people attended the ball, including Col. James Sturch, 3rd Wing vice commander; 3rd Wing Command Chief Master Sgt. Robert Tappana.

“This was a great event,” said Chief Tappana. “I was extremely impressed with their motivation and dedication. The ball was brilliantly coordinated and followed Air Force traditions to a tee.”

Senior Airman Melanie Rubio, 3rd Medical Group member and Elmendorf’s Airman of the Year winner, served as the guest speaker at the dinner and dancing event.

This year’s theme was “for Airmen, by Airmen,” and it was free to every Airman E-4 and below and their dates, civilian or military. Lucky Airmen received prizes during various giveaways throughout the night, and a free babysitting service was provided.

All the ideas and work involved in this year’s ball began back in April. “In just four months, we were able to make this all possible,” said Senior Airman Laura Johnson, 3rd Logistics Readiness Squadron, vice president of the Airmen’s Council.

“We couldn’t have done it without the dedication and hard work of the committee, and due to the fundraisers by our wonderful sponsors and the Airmen’s Council — we had a great turnout,” she said.

Airman Johnson was joined by committee president Airman 1st Class Dianet Santos, 3rd Medical Group; treasurer Airman 1st Class Lauren Garbenis, 3rd Logistics Readiness Squadron; and secretary Senior Airman Aisha White, 3rd Communi-



AIRMAN DE-JUAN HALEY

**Airman 1st Class Dianet Santos, 3rd Medical Group, follows tradition as she puts her cup over her head upside down after taking a drink from the “Grog Bowl” during the Airmen’s Ball at the Susitna Club July 17.**

cations Squadron, to put the event together.

In all, the group spent more than 150 hours of their off-duty time to ensure every detail of the ball was taken care of.

One tradition they carried on from last year is their famous “Grog Bowl.”

The “Grog Bowl” gets its name from the mysterious mixture of drinks and foods that are combined and filled in a toilet bowl, according to Airman White. “We use it as punishment if someone doesn’t follow the rules of the mess in the dining hall.”

While being sent to the “Grog Bowl” may be a memorable learning experience for some unlucky Airmen, it’s really just another way for Airmen to share some laughs together, said Airman Johnson.

“Our goal was to make sure everyone had a good time and walked away with a little more sense of pride of being part of the Air Force,” Airman White said. “It’s also a way of breaking the ice for those Airmen who may want to attend the Air Force Ball, but don’t know what to expect.”

## Base Chapel hosts free carnival, pig roast

By Senior Airman Amy Morrisette  
3rd Wing Public Affairs

The Elmendorf Chapel Center is sponsoring a carnival on Elmendorf, which is 100 percent free to military members and their families.

The Chapel Family Carnival is Aug. 1 from 1 to 4 p.m. in Hangar 5, located off of Sijan Avenue across from the Housing Office.

“There will be a Catholic and Protestant unity service before the

carnival, and resources for other faiths in the community are available,” said Chap. (Capt.) Herbert Shao, 3rd Wing Chaplain. “We just want to share our blessings with the community. We will also invite people to our Vacation Bible School.”

There will be pony rides, face painting, crafts and 16 booths of games for children at the event.

Concessions include cotton candy, popcorn, hotdogs and hamburgers, a pig roast to go along with the carnival’s Polynesian theme and much more.

According to Chaplain Shao, the Chapel Community, along with the Armed Services YMCA, Top 5 Association and Airmen’s Council all helped support the carnival. Funding was provided by the Elmendorf Chapel Community.

“Our intent is to welcome new people who have come to the base, share our blessings with others, and let people know that we are here to support them,” he said.

For more information, call the Chapel Center at 552-4422.

► spotlight



School Age, Youth Center host health events

Combining fitness, fun for good health

By Mrs. Mary M. Rall  
3rd Services Marketing

Summer leaves youth with an abundance of physical activities to enjoy, which makes this the perfect opportunity for them to get involved in the School Age Program's Wee Too Fit and Youth Center's Fit to Win programs.

Although the programs have different names, both serve to introduce and encourage physical fitness in youth by integrating fun and active behavior into their daily lives.

The programs are open to youth ages 9-18 who are involved with activities at either the Youth Center or School Age Program.

Individuals can sign up at these locations and receive a "user identification" and password to access the programs' online site at [www.pacaf-f2w.com](http://www.pacaf-f2w.com).

Once participants are registered, they can participate now through Dec. 31.

Individuals can log in points on the site in the core areas of Individual Fitness Activities, League Sports, Instructional Classes, Fit to Win Weekly Active Programs, and Fit to Win Monthly Fitness Events.

As points are gained in the various areas, youth will achieve various levels of fitness to include Explorer, Explorer II, Extreme, Master Extreme and Ultra Extreme.

Advancement to each level will earn participants a variety of prizes such as water bottles, wristbands, visors, Fit to Win Air Bears, t-shirts, backpacks, and more.

Different activities have varying point levels, which can allow youth to advance at a rate they feel comfortable with by participating in individual and scheduled programming.

For instance, participants in Individual Fitness Activi-

ties can earn five points for playing 30 minutes or more of basketball or swimming, while individuals can earn 20 points for participating in Fit to Win Monthly Fitness Events.

Upcoming Fit to Win events open to Youth Center and School Age Program youth include a Field Day Festival July 30 from 11 a.m. to 3 p.m. at Paxton Park, located near the Youth Center.

This event will include relay races, a three-legged race, a water balloon toss, an egg and spoon relay, arts and crafts, face painting, music, refreshments, game booths, as well as entertainment in conjunction with National KidsDay.

School Age Program youth can even take advantage of events, such as twister games, aerobics and dancing activities to keep them motivated and progressively earning points toward the program monthly.

For more information on the Wee Too Fit or Fit to Win programs, call the School Age Program at 552-5091 or the Youth Center at 552-2266.

► fri

**BIKE IT:** Take an Eklutna Bike Trail Ride from 9 a.m. to 6 p.m. for \$10 at the Outdoor Recreation Center. 552-2023

**MOVIE:** *The Chronicles Of Riddick* (PG-13) An escaped convict with the ability to see in the dark finds himself caught in the middle of a galactic war. 7 p.m.

► sat

**OUT & ABOUT:** Enjoy the beauty of a Resurrection Bay Trip Saturday-Sunday for \$50 with the Outdoor Adventure Program. 552-2023

**MOVIE:** *Harry Potter and the Prisoner of Azkaban* (PG) Harry has to go on the run after an incident where he was unable to control his anger. Getting on a bus, Harry hears about a renegade wizard who was a prisoner at Azkaban. What Harry doesn't suspect is that Black escaped to look for him. 1:30 p.m. and 7 p.m.

► sun

**EAT UP:** Take in the fare at the Susitna Club's Sunday Brunch, Sunday from 10:30 a.m. to 2 p.m. 753-3131

**MOVIE:** *The Stepford Wives* (PG-13) Stepford has a secret: all of the wives are way too perfect, and all of the husbands are way too happy. The tale unfolds when a young couple moves to an upper-class suburb and soon discover that the Stepford men are replacing their wives with robots. 7 p.m.

► fyi

**MISSOULA THEATER:** Your chance to shine has returned because the Missoula Children's Theater is making the rounds with its production of Red Riding Hood. Auditions will be held Aug. 2 at 10 a.m. at the Kashim Club. About 50-60 roles are available for youth in kindergarten through grade 12. There is no guarantee that all youth auditioning will receive a part. Those wishing to audition should arrive at the scheduled starting time and plan to stay for the entire two-hour session. The first rehearsal begins about 30 minutes after the auditions. 552-0689.

► inside the fence

**Whittier Kayaking,** Saturday from 8 a.m. to 5 p.m. for \$30 with the Outdoor Adventure Program. 552-2023

**Triathlon,** Saturday with the time to be announced at the Fitness Center. 552-5353

**Road Bike Ride,** Monday at 5:30 p.m. for free with the Outdoor Recreation Center. 552-2023

**Ladies League Golfing,** Tuesday at 5:30 p.m. at Eagle Glen. 552-3821

**Alaska Native Heritage Center,** Tuesday at 12:30 p.m. for \$6 with the Youth Center. 552-2266

**Eagle River Rafting,** Tuesday and Thursday at 5:30 p.m. for \$25 at the Outdoor Recreation Center. 552-2023

**Kayak Pool Training,** Tuesday at 8 p.m. for \$25 at the Fitness Center. 552-2023

**Session Two Skateboard Camp,** Tuesday-July 30 from noon to 2 p.m. with the Young Adult Center. 552-TEEN

**Oil Painting Personal Instruction,** Wednesday

from 5-9 p.m. for \$40 at the Skills Development Center. 552-7012

**Kayak Lake Training,** Wednesday at 5:30 p.m. for \$25 with the Outdoor Adventure Program. 552-2023

**Beginning Fantasy Drawing,** Thursday from 5-7 p.m. for \$17 at the Skills Development Center. 552-7012

**Acrylic Landscape Starry Nights,** Thursday from 1-3 p.m. for \$40 at the Skills Development Center. 552-7012

**Mountain Bike Ride,** Thursday at 5:30 p.m. for free with the Outdoor Recreation Center. 552-2023

**Base Assignment Board Tole Painting,** July 30 from 3-6 p.m. for \$35 at the Skills Development Center. 552-7012

**One-Stroke Sunflower Painting,** July 30 from noon to 2 p.m. for \$25 at the Skills Development Center. 552-7012

**National KidsDay,** July 30 from 11 a.m. to 3 p.m. at Paxton Park with the Youth Center. 552-2266

**Skateboard Competition,** July 30 from 3-5 p.m. for ages 5-18 with the Young Adult Center. 552-TEEN

**3-on-3 Basketball Tournament,** July 31 at 3 p.m. for ages 13-18 for \$9 per team with the Young Adult Center. 552-TEEN

**Lion's Head Rafting,** July 31 from 6:30 a.m. to 5 p.m. for \$60 at the Outdoor Adventure Program. 552-2023

**Clamming Trip,** July 31 from 5:30 a.m. to 7 p.m. for \$25 with the Outdoor Adventure Program. 552-2023

**Alaska Scenery Oil Painting,** July 31 from 1-5 p.m. for \$40 at the Skills Development Center. 552-7012

**Half Century Bike Ride,** July 31 at 10 a.m. for free with the Outdoor Recreation Center. 552-2023

\* *Skills Development Center classes must be signed up for three days in advance.*

# Number your Air Force

By 1st Lt. Tony Wickman  
Alaskan Command Public Affairs

## ACROSS

- 1. NAF headquartered at Tyndall AFB, Fla.
- 4. NAF headquartered at F.E. Warren AFB, Wyo.
- 8. Questioning remarks?
- 10. Formulae of unique exemplification, briefly
- 11. Giving strength
- 14. Authorizes, as legislation
- 17. Third largest island in the world
- 18. NAF headquartered at Barksdale AFB, La.
- 19. Either of two large African antelopes
- 21. Petty NASCAR sponsor
- 22. Article
- 23. Embattled
- 25. Morgue arrival, briefly
- 28. Paybacks
- 32. AF deployment code for an IDO

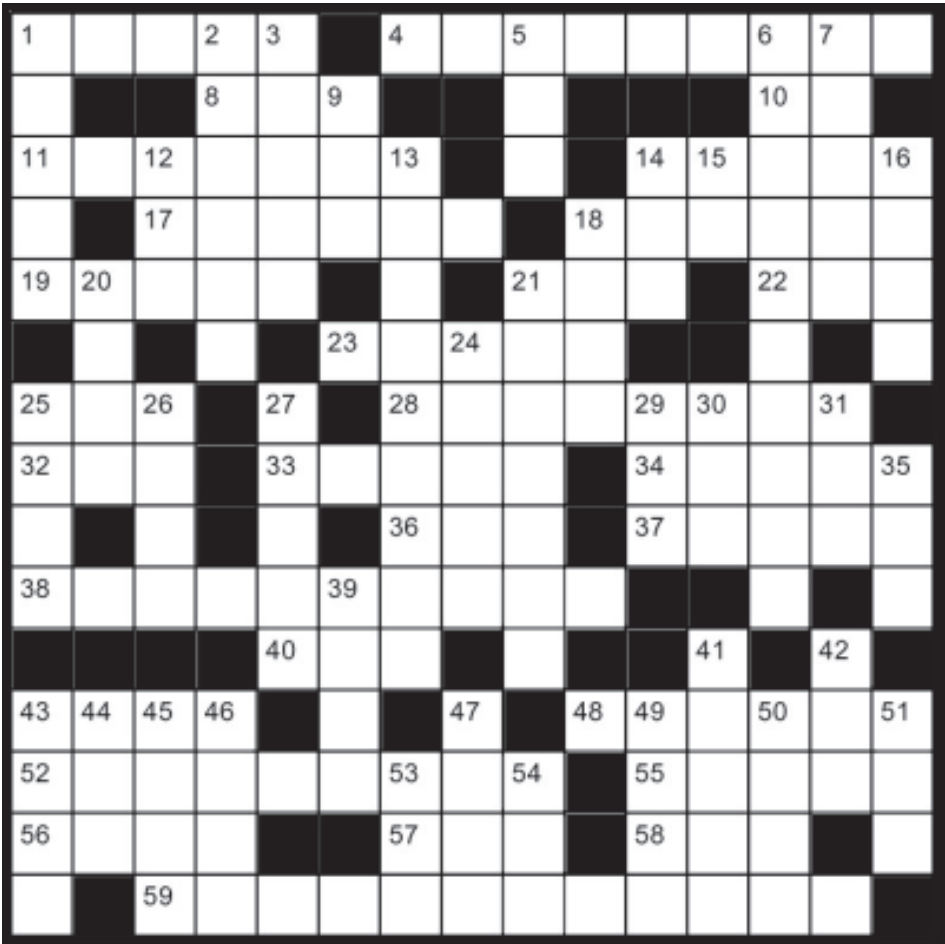


Last week’s solution

- 33. Angry
- 34. NAF headquartered at Shaw AFB, S.C.
- 36. 2,000 lbs
- 37. Key on a computer
- 38. NAF headquartered at Vandenberg AFB, Calif.
- 40. Towel marker
- 43. Iowa city
- 48. NAF headquartered at March AFB, Calif.
- 52. NAF headquartered at Aviano AB, Italy
- 55. Ascertain
- 56. Singing group Kingston \_\_\_\_
- 57. AF list for entry into restricted area
- 58. German one
- 59. NAF headquartered at Dobbins ARB, Ga.

## DOWN

- 1. Allegory
- 2. NAF headquartered at Keesler AFB, MS
- 3. NAF headquartered at RAF Mildenhall, England
- 5. Terminate
- 6. NAF headquartered at Scott AFB, Ill.
- 7. NAF headquartered at Carswell ARS, Texas
- 9. Shannon, Ireland airport abbrev.
- 12. Lawyer’s org.
- 13. Creates
- 14. Small drink
- 15. USAF org. concerned with complaints
- 16. Cast off
- 18. Designates diminutives
- 20. Despoil



- 21. NAF headquartered at Osan AB, Korea
- 24. First native-born American to be canonized
- 25. Homer’s favorite elixir
- 26. Org. concerned with American rights
- 27. NAF headquartered at Yokota AB, Japan
- 29. Compass dir.
- 30. A type of mill?
- 31. Sault \_\_\_\_ Marie
- 35. Univ. degree program concerned with people
- 39. Ireland of old
- 41. Type of cabinet
- 42. Vehicle for off-roading
- 43. Movie dog
- 44. Former Russian orbiter
- 45. Leave
- 46. Hide away
- 47. Halt
- 49. Oil org.
- 50. Actor Munro of *Cop Land*
- 51. Female chick
- 53. Clear, as in money
- 54. Dept. run by Secretary Tom Ridge

# Sports News



PHOTOS BY STAFF SGT. ADRIAN CADIZ

## Race to the top

Above: Hillberg Challenge participants take off to start the race. Right: Senior Airman David Lantz, 3rd Civil Engineer Squadron, pushes himself to run as fast as he can as 1st Lt. Roger Lee, 3rd Medical Group, gives chase during the Hillberg Challenge Race at the Hillberg Ski area July 16. This was a four-plus mile cross-country run.



## Sports Shorts

### Swimming lessons

Beginner adult swimming lessons sign ups are available at the front desk in the Fitness Center. For more information, call the Fitness Center at 552-3622.

Registration for all other August swimming sessions are under way.

For more information, call the Fitness Center at 552-3622 or inquire at the swimming pool.

### Triathlon

The Fitness Center is hosting a triathlon Saturday at 8 a.m. The triathlon involves a 500-yard swim, 18.6-mile bike ride and a 5K run. Registration will begin at 7:30 a.m. on race day.

Volunteers are also needed to help with the time clock, counting laps and other activities. If interested in volunteering, call 2nd Lt. David Oakland at 552-9277 or send an e-mail to david.oakland@elmendorf.af.mil.

Additional information about the triathlon is available at [http://www.elmendorfservices.com/Pages/fitness\\_new/fitness-main.htm](http://www.elmendorfservices.com/Pages/fitness_new/fitness-main.htm).

### Basketball tourney

There is a three-on-three basketball tournament at the Youth Center July 31. The tournament will begin at 3 p.m. and will be offered for \$9 per team at a cost of \$3 per team member. This will be a single elimination tournament with age brackets from 13-

14 and 15-18. Participants will have a chance to win prizes for first, second and third place in each division.

For more information, call 552-8336.

### Kids field day

National Kids Day and Fit to Win Field Day Festival is July 30 from 11 a.m. to 3 p.m. at Paxton Park.

Fit to Win participants will receive 20 participation points for this event, which will include relay races, a three-legged race, a water balloon toss, an egg and spoon relay, arts and crafts, face painting, music, refreshments, game booths, entertainment from the School Age Program's Shakers and Movers Drill team.

For more information, call 552-2266.

### Golf tourney

The 3rd Mission Support Group Golf Tourney is Aug. 20 with an 8 a.m. shotgun start at EagleGlen Golf Course. The tourney is a four-person scramble format. Cost is \$25, which includes lunch. Greens fee and cart rental are based on rank.

There will be prizes awarded for 1st, 2nd and 3rd place, as well as longest drive and closest to the pin.

For more information, call 2nd Lt. Joseph Colella at 552-5175 or Master Sgt. Brian Cornelius at 552-2536.

## Fitness Test Standings

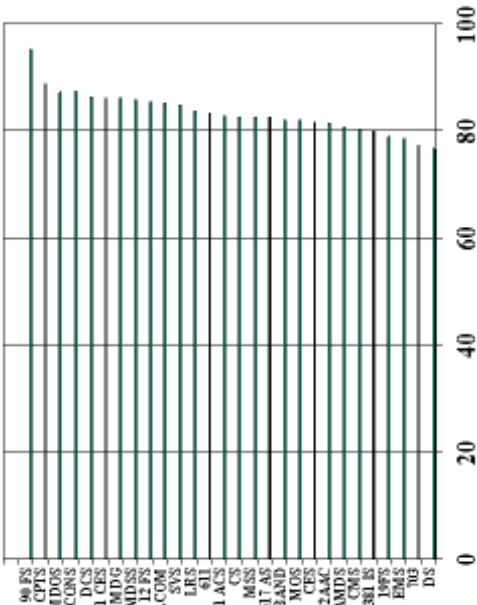
### Commander's Challenge

Col. Michael Snodgrass, 3rd Wing commander, has issued a fitness challenge to all wing members and units. Anyone scoring at least 44.55 points on the 1.5-mile run receives a one-day pass (10 percent more than the commander's total of 40.5 points). Also, any male who beats the colonel's push-up total (76) or crunch total (64) receives a day off, as well as any female who beats her max by at least one push-up or crunch.

For the unit challenge, the squadron having the best overall average will receive \$10,000 from the 3rd Wing operations and maintenance account for squadron upgrades. Second place will receive \$8,000 and third place \$7,000. All UFPMs are directed to forward their unit's overall average and top five performers in each category to the HAWC weekly for publication in the *Sourdough Sentinel*.

The following are Air Force Fitness Test averages for the primary units on base and individuals, courtesy of the HAWC:

### Unit average score:



### Last week's top performers:

#### Women

#### 1.5-mile run:

10:22, Heidi Brennan, 611 AIS  
10:51, Kaitlin Bugay, 611 AIS  
11:05, Valencia Flowers, 3 AMXS  
11:27, Erin Wahlin, 3 AMXS  
12:35, Mariamne Mitchell, 611 AIS

#### Push-ups:

62, Kaitlin Bugay, 611 AIS  
54, Erin Wahlin, 3 AMXS  
49, Jessica Pena, 611 AIS  
31, Heidi Brennan, 611 AIS  
31, Mariamne Mitchell, 611 AIS

#### Crunches:

61, Christine Rojko, 3 CES  
56, Jessica Pena, 611 AIS  
53, Valencia Flowers, 3 AMXS  
51, Kaitlin Bugay, 611 AIS  
50, Heidi Brennan, 611 AIS

#### Men

#### 1.5-mile run:

9:21, Kevin Hunter, 3 CES  
9:32, Casey Campbell, 90 AMU  
9:33, Paul Valley, 611 AIS  
9:36, Albert Moseley, 611 AIS  
9:37, Michael Weiss, 611 AIS

#### Push-ups:

100, Iran McIntyre, 3 CES  
80, Alexander Collazo, 3 CES  
80, Scott Hartill, 3 CES  
57, Michael Weiss, 611 AIS  
51, Paul Valley, 611 AIS

#### Crunches:

70, Albert Moseley, 611 AIS  
67, Iran McIntyre, 3 CES  
55, Paul Valley, 611 AIS  
50, Michael Weiss, 611 AIS  
50, Troy Witherington, 611 AIS